

ANNOUNCING

Body & Soul: A Celebration of Healthy Living

WHO: Individuals involved with African American Churches

WHAT: Body & Soul is a program developed for African American churches to empower their members to eat 5 to 9 servings fruits and vegetables every day for better health.

HOW: Church members customize and run Body & Soul to fit the needs of their church. All of the information needed to create the program is provided in a program guide. You can draw upon the many talents of your church members to nourish and sustain your congregation as they move toward a healthier "body and soul." Body & Soul works by combining: Pastoral leadership; Education; church environment that supports healthy eating; and Peer counseling.

CONTACT: For more information, please visit <http://www.5aday.gov/bodyandsoul/index.html>, or contact Alexis Williams at (301) 496-8520 or e-mail alexis.Williams@nih.gov.